



## Emotional Intelligence (EQ) - Key to Leadership Success

The Definition: Emotional Intelligence = the ability to recognize, understand and manage your emotions and the emotions of others.

The vast majority of our professional and personal life involves interaction with other people. Emotional Intelligence skills enhance our effectiveness, productivity, team building skills and leadership ability while allowing us to maintain productive working relationships.

### The Facts:

1. EQ is necessary for success: Many independent academic research studies have shown that 25-50% of all job success can be attributed to EQ
2. EQ is imperative for leadership effectiveness: some studies attribute as much as 85-90% of leadership success to emotional intelligence
3. EQ accounts for at least 40% of the positive variance in superior team performance among otherwise equivalent groups

The Good News: Unlike IQ, Emotional Intelligence skills can be learned. Those who develop their EQ skills see significant job performance improvement and career advancement.

The Enerpace Solution: We offer the BarOn EQ-i®, the most widely used Emotional Intelligence Assessment in the world. This tool has been validated internationally over the past decade.

The extensive report provided by the EQ-i tool is combined with an in-depth “debrief” meeting with a professionally trained and certified coach. This session helps interpret your results, and, most importantly, create an action plan to address the learnings and improve your professional performance.

For More Information: Call us! Our contact information is below.